

... frequently asked questions ...

How does hypnotherapy compare with traditional talk therapies?

Psycho-analysis	38%	recovery after	600 sessions
CBT	72%	recovery after	22 sessions
Hypnotherapy	93%	recovery after	6 sessions

Alfred A Barrios BS Caltech, PhD UCLA
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American Health Magazine

Hypnotherapy is popular, safe and effective. Medical training now offers hypnosis as an elective study for many conditions.

What does hypnosis or entrance-ment feel like?

Subjectively, hypnosis is a unique sensation. The most accurate universal description is **concentrated focused attention**.

- Athletes, artists, actors describe the ease and enjoyment of being 'in the zone', in creative flow and fully connected. Indeed most people now can identify experiencing *flow states*, during which they feel an effortless synchronicity. During story-telling, mankind's most ancient means of sharing wisdom, listeners enter into entrance-ment. Audiences pay (!) to pay focused attention, willingly mesmerized by the drama, dance or music.
- Research continues into consciousness and the role of trance in learning, memory, imagination and emotion.
- Use of trance to explore beneficial change and discover greater self-awareness crosses cultures.
- In focused attention, your easily-distracted conscious mind is rested – just as during a day dream or reverie.
- Trance is a naturally-occurring state, ideal for exploring beliefs and issues, for imagining and testing fresh ideas.

How does focused attention aid transformation?

For the complete resolution of persistent issues, time, space and focused reflection together allow successful access, transformation and recovery ... also, when we are not feeling 100%, it feels good to have a guide.

Many unwanted habits are resolved through guided hypnosis, a perfectly natural state, with its relief from the mental clutter of habitual thoughts, confusion and distraction.

It is important to ease restrictive inner mechanisms, formed in reaction to experiences that *your body* felt as traumatic. From original good intentions to prevent repeat pain, these reactions manifest as conflict or unwanted habits, such as: *anxiety, blushing, exhaustion, frustration, blaming, insecurity, indecision, procrastination, phobias, depression, insomnia, temporary psycho-sexual issues, hidden obscured rage* and *conflicting impulses around food and drink*.

Creatively and positively, Reflective Practices are highly effective for achieving goals, enjoying transitions, maintaining happy relationships and relieving the residual emotions of redundancy, divorce or disproportionate, lingering grief.

Does hypnosis – itself – change unwanted habits permanently?

Many people seek out a hypnotherapist to 'do the work for them', only to become disappointed and disillusioned. Whilst hypnosis allows effective focused attention, it is *everything that occurs during trance* that is critical, not simply zoning out whilst a one-size-fits-all script is spoken authoritatively at you! The ability to nurture professional rapport, draw on relevant experience and trust mature intuition are critical in your practitioner for your positive experience.

Change has to be **desired by you** and **internally-driven by you** to be **profound and permanent – for you!**

My Reflective Practices work well within concentrated focused attention, to enable exploration and reveal choices. My aim is always your enabled re-connection to yourself, renewed confidence, refined intuition and healthy independence, so that you nurture and enjoy your desired changes — without struggle and avoiding self-sabotage.

IMPORTANT | Please note the following —

- All medical advice and treatments must be divulged at the outset and your signed consent is required prior to hypnosis.
- **In accordance with professional guidelines, I do not offer hypnosis if you have had alcohol or recreational drugs within 24 hrs of your appointment** or if you have or have had *epilepsy, schizophrenia, multiple personality disorder (DID), paranoia, hyper-mania* or *other psychotic episodes*.
- If your issue lies outside my field of practice, I will tell you and endeavour to refer you to another known specialist.
- Sessions vary from 1hr–1.5hrs and fees are £100 per hour payable in advance.
- At the initial consultation I take your full medical record, listen and answer your questions. Thereafter, if we agree a programme for you, I ask that your commitment matches mine.

Susan